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## Tabbouleh Salad ♦

Tabbouleh is a traditional Middle Eastern salad made with bulgur wheat, parsley, mint, tomatoes, onions, and lemon juice. It is a refreshing and flavorful dish that is often served as a side dish or as a light meal.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

150 g	Bulgur Wheat
100 g	fresh parsley
50 g	fresh mint
200 g	Tomatoes
50 g	red onion

30 ml	lemon juice
60 ml	olive oil
5 g	salt
2 g	black pepper

## Directions

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### Step 1

Place the bulgur wheat in a large bowl and cover with cold water. Let it soak for 10 minutes, then drain well.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Chop the parsley, mint, tomatoes, and red onion into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a separate small bowl, whisk together the lemon juice, olive oil, salt, and black pepper to make the dressing.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 4

Mixing

Add the chopped parsley, mint, tomatoes, red onion, and dressing to the bowl with the drained bulgur wheat. Toss well to combine.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 5

Resting

Let the tabbouleh salad sit for at least 30 minutes to allow the flavors to meld together. Serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat: 7 g**

**Protein: 4 g**

**Carbohydrates: 20 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Spanish Mediterranean Middle Eastern Greek Italian

### Course

Breads Salads Drinks Soups Snacks Sauces & Dressings

### Kitchen Tools

Slow Cooker Blender

### Nutritional Content

Low Calorie

### Diet

Anti-Inflammatory Diet

### Cultural

Chinese New Year Cinco de Mayo

### Meal Type

Lunch Dinner Snack Supper

### Difficulty Level

Medium

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